

**AMENDMENTS TO THE CLAIMS**

1. (Cancelled)

2. (Currently Amended) A fat or oil composition comprising:

oleic acid of 3~7 parts by weight[[,]];

~~linoleic~~ linoleic acid of 6~10 parts by weight[[,]]; and

linolenic acid of 0.5~1.5 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.

3. (Currently Amended) A fat or oil composition according to Claim [[1 or]] 2, wherein a ratio of the long-chain highly unsaturated fatty acids is 3~7 % by weight of the whole fatty acid composition.

4. (Currently Amended) A fat or oil composition comprising:

oleic acid of [[5~40]] 8.5~27.0 parts by weight[[,]];

~~linoleic~~ linoleic acid of [[10~60]] 13.4~42.5 parts by weight[[,]]; and

linolenic acid of [[0.1~4]] 0.5~1.6 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.

5. (Cancelled)

6. (Currently Amended) A fat or oil composition according to Claim 4 [[or 5]], wherein a ratio of the long-chain highly unsaturated fatty acids is 1~3 % by weight of the whole fatty acid composition.

7. (Currently Amended) A fat or oil composition according to Claim [[1]] 2 or 4, wherein the long-chain highly unsaturated fatty acids are EPA and/or DHA.

8. **(Currently Amended)** A fat or oil composition according to Claim ~~[[1]]~~ 2 or 4, wherein an antioxidant is not added.

9. **(Currently Amended)** A fat or oil composition according to Claim ~~[[1]]~~ 2 or 4, which comprises an antioxidant of 0.005~0.02 % by weight.

10. **(Currently Amended)** A fat or oil composition according to Claim ~~[[1]]~~ 2 or 4, which is a liquid state at 5°C.

11. **(Currently Amended)** A fat or oil composition according to Claim ~~[[1]]~~ 2 or 4; which is prepared from flax seed oil, corn oil or purified fish oil.